

2026 Pyramid Portal, 5D Shift & Embodiment



**Kelly Kolodney,
Pam Gregory**

2026 Pyramid Portal 5D Shift & Embodiment-Pam Gregory, Kelly Kolodney & Natalie Namaste

<https://www.youtube.com/watch?v=h4LvIDsr5Sk> 73m 1-28-2026

<https://www.bitchute.com/video/FEArb0NboCtw/>



Pyramid Portal Opening 5D Shift Explained - Pam Gregory, Kelly Kolodney & Natalie Namaste

Pyramid Portal Opening ✨ Humanity's Shift into 5D | 2026 Energies Explained

A powerful pyramid portal is opening for humanity, supporting the collective and individual shift into higher-dimensional consciousness (5D). In this deep and grounded conversation, Pam Gregory, Kelly Kolodney, and Natalie Namaste come together to explore what is unfolding energetically, astrologically, and spiritually as we move fully into 2026.

If you're feeling that this year already feels different from 2025, you're not imagining it. The energy is faster, more embodied, more

fiery, and more decisive. The Chinese Year of the Fire Horse brings forward movement, courage, and truth. What can no longer be sustained is falling away.

This is not a year for conceptual spirituality.

2026 is about embodiment.

No more thinking about the New Earth. It's time to live it.

✨ In this session, we explore:

- The pyramid portal and how it supports humanity's shift into 5D
- Why 2026 feels faster, stronger, and more momentum-driven than previous years
- Key astrological alignments shaping consciousness in 2026
- The Fire Horse energy and why stagnation is no longer possible
- How embodiment replaces spiritual seeking
- What "living the New Earth" actually looks like in daily life

This conversation is for those who feel the shift in their bodies, hearts, and nervous systems. For those who sense that something fundamental has changed and are ready to meet it with presence, courage, and grounded awareness.

Take your time with this one. Let it land.

You are not behind. You are right on time.

HOST: This is the most special episode we've ever had.

PAM: I think it is going to be the biggest year of transformation we've ever lived through by a mile and by the end of this year I think our reality is going to be unrecognizable. We've had what it is right now.

HOST: What are the themes that you're seeing for 2026?

KELLY: It feels fast, speeding. It's going to move rapidly. I can see next year already. It feels like it's moving quickly, powerful. We just need to stay focused and on track.

PAM: In occasion I get emails from people saying, when is New Earth coming? Actually it's an embodiment. We are becoming New Earth. We are stepping into the frequency of New Earth right now,

right on this call. The more you ask when is it going to come, the more you kind of push it into the future I think.

HOST: Do you think there are actually two authors? Everyone making it to the New Earth because I love everybody and I don't want to leave anyone behind or anything like that.

KELLY: No one has ever been left behind. Everyone is always exactly where they're supposed to be.

PAM: So it's a very fast moving from Earth and water, slow, dense, heavy into fire and air. All of the outer planets can be moving into fire in air quick, multidimensional, malleable. Our reality is going to be much more fluid.

NATALIE: With 2026 there's this energy of momentum and embodiment, the truth and the light which we are, feeling and living and breathing it in the present moment.

LEAH: Can you talk about the importance of our heart and really being and living from our heart?

KELLY: It is that my energy is that of the green ray, which is the heart chakra and the heart is the place in which is a portal that you can move through dimensions and realities and is a shared vibration that unites the entire planet. Wow.

PAM: Well said. That's all for now.

HOST: Welcome everybody to the Heart Coherence Collaborative. We're so excited. This is the most special episode we've ever had because today we have Pam Gregory, Kelly Kolodney, Natalie Namaste, and Leah, and myself all here to talk about 2026 and what we can expect in the coming year and also what we can do about it. So we were just saying before we started and hit record that just congratulations to everybody for surviving 2025. And Kelly was quick to say, well, 2026 hasn't necessarily been that easy. So I would love to just start by what are the themes that you're seeing for 2026 and anybody can answer.

KELLY: It feels fast, speedy. It's going to move rapidly. I can see next year already. It feels like it's moving quickly, powerful. We just need to stay focused and on track. What's coming up that I'm receiving is these first three months before we hit springtime, before

we hit that equinoxes is still a time of reflection, letting go of the past, releasing, and we're working with actually the death code.

So we're today, I just finished a transmission where we died. Literally went through the death process, faced our death, many death, eco death, but actually Shiva came in, who I've never channeled before, and he kept saying, who are you over and over asking us? And then sometimes we start with who we are, is our story, our identity, and then we kept going deeper and deeper until we actually in the transmission lost our body and our soul came up. And then we asked in the eternal soul, who are you?

So it was very intense and quite an initiation. And it feels as though this is this beautiful opportunity in these winter months before spring comes. I think when spring comes, we're going to just kind of get on that white horse and gallop through the rest of the year at high speed. It's the year of the horse.

But before that, it's sort of getting, coming into alignment with that avatar self that we gave birth to at the end of the year, becoming familiar with it, and learning how to, this kind of like you had a wild horse that was filled with spirit and freedom and light.

And it's asking us to kind of, not tame it, but connect to it, merge with it, feel comfortable with our new skin, right? Let go of any of that final stuff so that we can, I think beautiful things are going to happen coming in the new year, moving forward. But Raphael keeps showing the new year sort of starting at spring equinox instead of January 1st.

PAM: And of course, that's the way it works in the Western Tropical Zodiac, that the sun crosses zero of Aries. And that's the beginning of the astrological year, but it's going to be even more powerful this year, because you've got that Saturn Neptune conjunction, which happens reliably every 36 years, but it's almost 6,000 years thanks to Heather Ensworth's research, since it's happened at zero degrees of Aries.

So it's like a blank slate, like a clean canvas of pure potentiality. Okay, humanity, what are you going to create from that point on? And that's happening on the 20th of February. So we are within whispers of time then of the Aries equinox, when I don't think I've

ever seen so many orbiting bodies in the sign of Aries. I think we've got nine, if you include color on the center or the dwarf planets, I think we've got nine orbiting bodies in the sign of Aries, which is the sign of initiation and new beginnings and kind of beginners mind as well. You know, it's pure potential.

And that feels immensely exciting. And it's interesting that Kelly's had this wonderful teaching session today of shedding identity. And I think that's how it's going to be. We've got to shed our old stories, put down the baggage, shed the identity, shed the titles, whatever they are, and move almost as kind of pure spirit or pure soul into this new year beginning at the Aries equinox.

And I think it is going to be the biggest year of transformation we've ever lived through, actually, by a mile. And by the end of this year, I think our reality is going to be unrecognizable compared to what it is right now. I think that so many aspects of society are going to change so rapidly and radically.

And remember, we are co-creating it as well. It's not just coming at us. We are co-creating it. And with a much stronger sense of sovereignty, as particularly as we go through that tipping point of the Aries equinox.

So we have so much to look forward to, particularly with the empowerment of humanity, I would say.

HOST: If 2026 is the biggest transformational year in 2025 wasn't, I might need to just go with Jill for a minute.

PAM: I'm happy compared to this.

LEAH: You might just explode or who knows? Yes.

NATALIE: Well, it's just such different energy because 2025, we were just shedding more and more layers and also learning and understanding. And now with 2026, there's this energy of momentum and embodiment and really living and breathing and remembering the truth and the light which we are. No longer sleeping and thinking, oh, well, I'll get to this and I'll do this then. It's now, it's like feeling and living and breathing it in the present moment.

PAM: Yes. And I'd really like to echo that actually because occasionally I get emails from people saying, okay, so when's it arriving? You know, when is New Earth coming? But actually, it isn't

an out there. It's an embodiment. We are becoming New Earth. We are stepping into the frequency of New Earth right now, right on this call. We are embodying New Earth and the more you ask, when is it going to come, the more you kind of push it into the future, I think. So step into it right now. Feel love, feel joy, feel compassion, feel gratitude. That's it. And we start to emanate that into our reality. And we start to see manifestations on the outside, but has to come from the embodiment that we are becoming New Earth. I think that's really important.

KELLY: That's so important. Thank you for that, Pam, because I too get the same. Like, we've been talking about this New Earth thing forever. Come on. When is it going to happen? But it is happening. And it's acknowledging that it's happening as Pam is saying, embodying it, being it, feeling it, acting as if it is. That is how we know and feel and sense that it is.

And just like you're saying, it's so important. And I think that's really important for people to differentiate, because we're not waiting for some big event to occur in the sky. And then all of a sudden, we just make this leap and we're all in heaven. It's something that we are active participants in as co-creators. It's not happening to us. It's happening through us.

HOST: Yes. Yes. One thing that I think would help people understand the 2026 energies is just if we do a quick recap on 2025. Because I think for me, that was literally the wildest year of my life. And it didn't look like what I would call the New Earth. But what I'm feeling now does feel more like that.

So I think it's just important for people to recognize that when we talk about these new energies, it's not always necessarily going to look in each and every moment like the New Earth. It might be very challenging at times, but it might get you to what becomes the New Earth.

So I just like letting people know that because sometimes you got to just know if you're going through it right now, that doesn't necessarily mean it's bad. It might be exactly what you need. And that's what happened for me in 2025. And I'm grateful that I went through what I went through.

KELLY: Yes, absolutely. Well, we have to take those leaps, those spurts of growth. And with that, sometimes we go through stuff. I mean, that's part of the process. We're not just void of having experiences that push us to grow. Otherwise, that's just spiritual bypassing. Everything is just light and love and butterflies all the time. But as things come in, it's not that they're not going to show up for us to have an opportunity to grow. It's how we're going to face them.

And with what frequency we're going to move with it toward it. And if we're going to fall into deep despair and into old patterns of behaviors, or we're going to take it as this incredible opportunity to approach it with a new set of eyes, ears, and heart in a frequency of love so that we can move through it with more ease and grace and hopefully in a quickened pace.

And then we keep seeing these exponential growth in our behavior, our frequency, our body, the way we interact with family, friends, everything in our life, normal things, our abundance, all these things we can see measurements over time, expanding and growing because we're expanding and growing. So yes, that's natural.

PAM: And I think the big thing for me, looking at 2025, was the shift of the outer planets because you had Pluto moving into Aquarius fully in November 24. But the other outer planet, Saturn, Neptune, Uranus, was sort of stepping into their new signs. I mean, particularly in the middle months of last year, it was like a rehearsal time individually, like a taster, okay humanity collectively, but also each of you individually. What was happening for you through those?

And I'd say particularly June, July, August what was happening in your life individually that was a new interest or passion or relationship or connection or what. And it was like rehearsal time for what is going to be much more fully in your path this year. But it was so incredibly rare for all of the outer planets to be shifting signs in that very concentrated period of time because they've all got Saturn's got a 29 and a half year orbit Uranus 84, Neptune 165, Pluto, 248.

So even just mathematically, that they were all going to be changing from one sign to another within an 18 month period total was just

remarkable.

And that's why I felt so strongly about that period. So last year was a lot of kind of, yep, kind of sort of eye on the future rehearsal taster sessions, but also seeing a lot of the collapse of the old. And I think that's why people felt it was so turbulent and chaotic because they could see so much collapsing and they hanging onto pieces of driftwood thinking, Oh my God, this is all we've ever known. You know, whereas the foundation, we are the foundation. And by 26th of April this year, all of the outer planets will then be fully in their new signs.

So, so from this point on, although the 3D will continue to collapse around us even more loudly than it already has, be the lighthouse, be the anchor, be the stabilizer for everything that's kind of churning around it. And just let it go because there isn't the energy to sustain it because the energy is operating at a much higher frequency. And it cannot sustain that is that that which is not born of love,

LEAH: I want to say. Can you talk about what that means? Even when you're talking about the outer planets changing signs, can you just describe what exactly that means? Because it's a little beyond my knowledge and I'd love to hear what that means and how significant it is.

PAM: Okay, well, it is it is hugely significant because often if we look at a planet like Pluto, it's now in the sign of Aquarius until January 2044. When Neptune moves into Ares fully on the on the 26th of January, it will be there till 2039. So that gives you a scale of how enormous they are.

And the energy is very different because the outer planets have all been in Earth and water, which are heavy, slow, dense, and we've had a whole historical period really starting from the Industrial Revolution that was all to do with permanency buying a home for like bricks and mortar, having a job for life. It was what's your title? How much is in your bank account? It was a kind of what I want to call territorial materialism. But we're now moving into our abundance being multi-dimensional experiences, having conversations with trees and pixies. Yes, that's going to be that's going to be our

abundance. It isn't going to be the number of zeros in your bank account.

So it's a very fast moving from Earth and water, slow, dense, heavy into fire and air. All of the outer planets can be moving into fire and air quick, multi-dimensional, malleable. Our reality is going to be much more fluid and an exciting and that's another way we can get this sense of empowerment and co-creation.

And so it's going to feel so different. You know, I could talk for days about what that mean going back to historical cycles. But I think as we move forwards and astrologers, as Natalie will well know, we always refer to historical cycles go back to what happened last time. I think that is going to be much less relevant to as an astrologer. I've done this myself, of course. But because we've now left the tram tracks in terms of our frequency, quoting historical cycles, I feel would be less relevant because we're moving into the unknown. We're moving into pure potentiality. We're moving into, okay, humanity, what are you going to create from now on? Natalie, I don't know if you want to add to any of that.

NATALIE: Yes. What I've been picking up lately is that in the field, there has always been infinite possibility and opportunity. But we've been very focused within the mental field. And what happened last year was this breakthrough, this cracking open of the mind, the veil of the mind and less focus was on the mind. It broadened it open like the sun shining in 360 degrees.

And with this opening, it feels like humanity is now able to tap into the field that holds infinite potentialities, infinite possibilities. There is so much joy and excitement and light. There's no limit to as far out as we can expand and create and imagine with our own minds through our hearts is as far out as we can bring and materialize into our reality. The angels keep speaking about this and they're saying, the power is in our hearts.

And that last year we did a lot of good work. Well done, everyone. We did deep releasing of layers.

And now we get to actually move with the light and remember everything that we truly are being our power and co-create together through the heart. Very important. They keep focusing on the heart

energy that it's already here within us just to bring the breath into the heart. We can access it.

PAM: Yes, it's really great because I think we all say, as we move forward, we stop reading headlines and we start feeling energy.

HOST: Yes, that's the shift we're making like, obviously we're creating this new community. But the whole point of it is Leah and I, like when we started the HCC here, it's collaborative, we used to just do Facebook lives and we would just do HCC here. And that's all it would be, three people watching us.

And then the next time there was five people and somehow through YouTube, we morphed into this whole other thing. And I don't know if that was the energy or just something we had to go through. But we've been called to just sit this year back in the heart space and invite people to join us and see what happens.

So we're really, really excited about that. One thing that, one quick point is no one mentioned the slight little thing that happened in 2025, which was three I had was which that's kind of like a little thing that just had a little impact on the energy. But the other question I wanted to ask was we've interviewed hundreds of people at this point.

And one of the things that we like to talk about was the New Earth, which you were mentioning in Kelly and Pam and how we're already there. One of the things that we heard people say in interviews is that through Dolores Canyon and we've heard different people talk about it, is that there's literally going to be two earths and there's people on going to both earths.

And it's been really confusing. But my experience has been through me changing my own energy. Almost everyone around me is changing their energy. And so my question is, do you think there are actually two or three? Everyone making it to the New Earth?

Because I love everybody and I don't want to leave anyone behind or anything like that. So I'm curious your take on this.

KELLY: No one is ever left behind. I don't feel that way. Everyone is always exactly where they're supposed to be. And how we want to define it is also very linear, right? So yes, the frequency is changing

and the whatever frequency you're in, that's going to be the mirror of your experience.

And as of course, you raise your vibration and frequency, those around you who you love who are near you are also feeling that. And hopefully they too are having those breakthroughs and opening in the heart and raising their vibration.

So there's this worry that people have that if they make a leap in consciousness and someone that they love dearly does not make that leap in consciousness that then there'll be these two earths like the darker and the darker over here will be the bad people because their vibration is so low.

And then the light people will be over here. And I don't really see it so polarized like that. I think we are all ultimately, if we zoom out, we're all one. And so we're only responsible at this moment to raise our own vibration. And in doing that, hold that love and know that in holding it, it's emanating out around the planet and the people in our sphere and beyond our sphere are affected by it.

And then we're all rising up together. Now we are all having different experiences right now, right? There's billions of different earths because your experience in the Earth sphere of your reality is different than my experience.

So we're all already all on different earths to some extent. But yet we have a collective agreement of we stop at a red light and you know, we would agree that a certain leader happens to be the president or whatever because we're in a collective soup of agreement.

And that agreement of how we begin to see through the lens of our perspective may start to form a certain way of being where people who are alike might be more attracted to being community connect to the planet, open their hearts to communicating with the elements, raising their frequency, eating really healthy food.

And those people will start to perhaps come more into your experience. And you might think, Oh, well, that's one Earth versus one that might find a different timeline that that's operating in perhaps in a different paradigm. But I don't think we can distinguish them as completely one or the other that there's always some overlap. Just like now there's a whole reality happening that I don't

give any credence or attention to. But yet sometimes if I step out of my little sphere for a period of time, I might drop for a moment into that.

And then I'll recognize, Oh, that's not something I'm connected to. And I come back into my sphere, my Earth, right? And the more we open our vibration and expand the love of the heart, the less likely that seeping through of those other vibrations comes into our experience.

And we're just having our experience and we know it to be that. And so from our perspective, we are in the New Earth, and we are living in the ascension frequency. And we don't even realize necessarily that others are not living in that because it's not even coming into our experience.

So then we can't say that there is this other Earth that's different than ours because we don't even see it. So it's not even there for us to perceive. But I think it's very important that people don't feed into this idea that people are left behind or they're not going to make it or that's not the New Earth frequency. Nobody's being left anywhere. Right? It's you're exactly wherever you're supposed to be with whoever you're supposed to be. And it's so important to trust in that.

PAM: Yes. And I'd really agree with everything Kelly has said, actually, because at the end of the day, it's one organic consciousness. And the analogy I've often used is we're at an airport. Some people have chosen fast track, some slow track, but we all get on the unity consciousness plane at the end of the day. And again, agree with Kelly in the sense that eight billion different earths, different realities.

And so I think people are sort of experiencing these higher dimensions in waves. We're going up in waves. And the more brightly we can shine our light because we know we infect other people with our light, just like other people capture. You know, we infect people that the brighter we can shine, the more people we can kind of ignite, if you like, with our light, that's our service.

And that will cascade down whichever level you're at. And I certainly don't think of myself as the people way, way ahead of me. But all of humanity is in process of moving up towards these higher

dimensions and this higher state of being. So, yes, we're all going to get on the unity consciousness plane because we are one organic consciousness at the end of the day.

HOST: Yes, one of the things that I love seeing was one of the biggest proponents for this whole New Earth. There's two separate earths. I asked him that question at the beginning of the year, and then I saw and he said there's going to be two earths. But then at the end of the year, I heard him on another interview say that, Nope, there's just going to be it's not going to be like that. There's not going to be people left behind. And I was like, wow, there's some sort of consciousness shift there.

So one of the things I just want to touch on, because I feel like it's really the energy underneath everything that we see playing out, is like the collective trauma, I think. And for me, I feel like a lot of it might have been worked through in 2025 for people. I know for myself, I'm curious if you like, how are we doing as a collective in regards to working through our trauma? And how is that going to play out in 2026? Is there still a lot more work to do? Where are we at?

KELLY: Well, I mean, for sure, we're still, we're still releasing and shedding those old identities, those old layers, the old structure. So personally and collectively, we're in, we're in the throes of it, right? We see it in, not that I tune into the headlines, but if it comes for a minute into my awareness is like, whoa, we're really in this process of letting go of the identity, the ego, the false self, and stepping into to the higher self. But again, it depends where you are on your journey.

And I think that this year is going to, as Raphael says, we're going to really have the wind in our back as we move into the spring, showing us we're moving into what's called a resurrection like code, which is new beginnings right around the spring egg when ox into that Easter energy through the year, where so many dreams will come alive, come true innovation, change beauty, incredible changes in discovery, in science, in solving problems, and things that perhaps individually we've been working on for a long time, start to all come, all the pieces come together, right? New beginnings, new ways of

operating thinking, being behaving. I think it's going to be spectacular.

And anytime we make a leap like that in consciousness, where we have the huge growth spurt, there's going to be a sometime more need for shedding, letting go and releasing. And so that will be different for everyone on their own individual journey. But as a collective, is the chaos going to just disappear this year? I don't, I don't think so. But is that where we're going to put our energy focus and attention? I hope not. I hope we're going to put our energy and focus and attention on all the people coming together, all the monks walking for peace, all of the innovation, the change, the healing, cleaning up our water, loving one another, community with nature, coming into community, all of those things.

And the more we focus on that, and the Pam says this all the time, the more we put our energy there, that's what we're creating. Whole division Raphael always says, whole division, stay on focus where we're headed, and embody and be that vibration. And the rest will fall away behind us. It'll take care of itself. But how long that will take, I think depends on how quickly we can, and how much we can embody love.

NATALIE: Yes. And Kelly, can you feel this energy of deep support that's arising in the field? It feels like we've, we've gone through the ups and downs. And now we're in this place where there are still ups and downs, but we're accepting the support that we are given, because more and more people are opening up to the galactic beings, the angels, and they're saying, okay, I'm open, I'll connect with you, and I'll ask for help. Can you feel that difference?

KELLY: Yes, absolutely. We're deeply supported.

PAM: Yes. Beautiful. And I think the energy is palpable now, that feeling of excitement of the new coming in, which is so much more loving than we've ever known in our lifetime, I think it's it's almost visceral, it's palpable. And the more we can focus on that as Kelly says, and I talk a lot about focusing on an attention, the more we can focus on that, we just become consumed by the excitement of that, and what we can create, whereas there's an awful lot of noise in our old world, and it will get louder, because trying, they're trying to

capture our attention, but the more we get distracted by that, the longer it's going to take for the people who are distracted by that to have these feelings.

So it's almost like what we're talking about could be kind of crazy talk, could be completely woo-woo and crazy talk, because if your focus is over here with the chaos, you're just not going to experience this more loving reality.

So that's why it's so incumbent on us as a kind of spiritual responsibility to ourselves and to the collective, to be open to this opportunity, which I don't believe has ever happened in any of our lifetimes, to ascend in our physicality. I don't think that's ever happened before.

So let's throw ourselves into this magnificent opportunity that we have created also, not only with the cosmic patterns, but we have created as humanity, to match this amazing cosmic energy and say, yes, we're going to go for it.

LEAH: This is this go time, this is wonderful. It's go time. I love to hear how you think we can best harness the, you said there's going to be almost like the start of the year is spring equinox. What can people do to really make the most of that time? The spring equinox? Yes, of going in and having that energy be, you talked about really physically ascending. How can we really take advantage of that energy?

[30 min]

KELLY: I mean, I could only speak to it right now through the processes I'm doing with Raphael.

And I find it incredible, the synchronicities that Raphael has guided us through these codes that just keep lining up. So we're in the throes of death right now, and that could feel scary to people. But that's like the last gasp of the old world, right? That's just like, trying to hold on. And it's a willingness to release our attachment to how things have been and how we think they should be really detaching and liberating ourselves so that when we come into that spring equinox and people can go through that process like I'm doing it in the death code.

But in any way that they can start to bring awareness to patterns that they've had for a long time, behaviors or addictions or things that they're really finally like, okay, I can see that and I'm ready now to consciously choose to move beyond that, to let that to go and to release some of that heaviness, that shedding and to open up. Then as we move into the spring equinox and the resurrection energy, that's that with the rebirth, the really embodying that avatar that we gave birth to at the winter solstice and starting to navigate like, how do we turn on those gifts that we received? How do we fully step into as Pam says, embodying that that vibration.

And so there's so many tools that we've talked about so many times, right, of what to do. But one of the things that I find the most potent and powerful is to just get out of our own way and get out of the mind, come into the presence, get outside. Like today, I just finished this call and then I just went out and barefoot in the snow and I took off my socks. It was five degrees out. I just did a little T gong and shook around. It came on.

And then this beautiful red fox just went running past me in a great red against the white snow and then there was this red cardinal and it just brought everything boom right into focus. And it was so beautiful. And I was like, okay, this is the New Earth. This is, I was, it only took and I had to take that extra three or four minutes because it was right in between two things to be here present with you. But those little moments that we can take in our life to get outside, to literally actually go hug a tree, to see the fog run across the long, to jump in a cold crunch, to do breath work, to chant, to breathe, to hug somebody, to say yes to something that we're resistant to that we don't want to do and just say, okay, I'm just going to do it. Go or take a run or go swim in a lake. I don't know, just to be playful and joyful and youthful and connect with nature and not take it all as Raphael says so seriously, like so many people are so stressed out and worried about everything.

And as I've been going through this death code, I mean, we're bringing death close to us, not that we're going to physically die, but when you bring the idea and the knowing that every all of us, we are all going to die. I know this might seem heavy, but I'm just in the

death code right now, right? But then it just makes you more alive. It brings an awareness of life back in the preciousness and the beauty of the elements and the senses and touch and sight and smell and to be in a body and to feel all of that.

And so I think we're just kind of being asked to embrace life and sort of let go of so much worry and tread and what's going to happen in the future and just take a breath and be in the moment and embrace it all.

HOST: Yes, let's take a quick breath, everyone. Just whatever you went through this last year, whatever you shed, we're proud of you. We love you. Congratulations. You know, one of the things that I saw actually today that was amazing, I would say over the last few years, like when there's a huge polarizing offense that happened, my energy would be really anxious.

And I would be like, I think my anxiety actually was somehow feeding the pendulum in a weird way because I still wasn't in a place of just neutrality. And in our Facebook group, somebody we have on recently spoke about ice and they did it from a neutral perspective, but it caused this divide on our Facebook. And I noticed my own reaction. I didn't have the anxiety. I was just observing it from a completely neutral place of like, okay, I'm watching this. I'm not giving it any energy. But what was really cool was one person was really mean. The other person was really mean.

And then they actually apologize to each other throughout the conversation. And just like, oh, I'm so sorry. You know what, I wasn't in my highest and best. And I was like, wow. And you know, like the old me would have probably deleted that conversation right away. But I was like, no, we have to work through this. I'm just going to watch it play out and see what happens. So I'm curious, like, do you think moving into the future, are we always going to have these completely polarizing events? Or do we get past that at some point?

PAM: For me, I think we eventually get past that because we start to see those things as sort of two different ends of a spectrum like night and day, winter and summer. And so there's a much greater sense of integration and analogy I've often used is you can't get the pearl unless you have the grit in the oyster.

So very often we have challenges in our life. And I mean I'm aware of some absolute horrors going on in the world right now. And just a sidestep that for a moment, it's so often our own fear as humanity that is that's fed into the collective to produce some of these really dreadful things.

And that's our collective responsibility. But the more that we can kind of integrate those and see them as catalysts. If we look back to the pandemic, I mean, there was some horrendous suffering and deaths then. But actually it was a catalyst as well for where we are now.

Without the pandemic, we would have stayed in the same old jobs and comfort zone, same old, same old, same old. It has propelled a lot of us to be much more critical in our thinking, have a bigger perspective on the world and what reality really is.

So I think if we can see some of these things partly as catalysts and partly showing us what the collective has produced and we've contributed to that to say we are never going to do that again. You know, we are going to absolutely make sure we are going to create a much more loving world than we have ever known to date. And that's what all of my work is about.

So yes.

HOST: Thank you, Pam. Yes, well said. Everyone just silent. Yes. Are there any other dates? Are there any other dates we should be aware of in 2026? Yes, I see Pam probably. You got some answers? Yes. You tell us, Pam.

PAM: The whole series of peaks, we've got very big month in February. We've got a very important solar eclipse at the end of Aquarius Square to Uranus on the 17th of February. That's a very big kind of potentially awakening. It's very seismic that potentially it's about truth and awakening. That's three days before this satin up to conjunction right at the very beginning of the Zodiac.

And then we have the Aries Equinox, which is this massive sense of rebirth and humanity. And then in July, I mean, July is, I kind of lose words for July, almost if kind of February March is a big crescendo, the other big crescendo I see is July because there's a very unique planetary configuration in the heavens, which we've literally never ever had before, where many amazing things can come to blossom

that have been hatched over hundreds of years. And that's all coming exact in July.

So that could be a crescendo in all kinds of external 3D events, but it's also potentially a crescendo, a blossoming of who humanity is really becoming, and starting to see that more visibly on a mass level. I think they're going to be a series of mass awakenings this year, a series of big, big truths coming to light in all kinds of areas of life in society. And they are going to propel us into mass awakenings. So I think they're going to be waves all the way through, but the biggies, I'd say kind of, February, April, and then big, big one in July. That's what I'm really focused on. I don't know if you'd add to that at all,

NATALIE: naturally. Well, also the strong presence of 3I Atlas, even though it's going a little quieter, because we need a time to integrate. That was strong in December. Huge energy upgrades and light codes that we are now gently integrating. But 3I Atlas is here and still supporting us, and I can feel this love from the consciousness of 3I Atlas gently growing.

And in March, we've got the activation with Jupiter, which is all about clarity, wisdom, deep, spiritual knowledge, which is going to give us an opportunity to once again change our focus from out there and worrying about the outer world and just gently rest inside and start to sense and feel our way through life, rather than thinking our way through life. This is powerful, what 3I Atlas is bringing with the Jupiter connection in March.

PAM: And of course, that's happening just literally a few days, like three days, three, four days before the Aires Equinox. It's like the final piece of fertilizer for our souls before we hit that that Aries Equinox. Now, I think that's going to be profound in terms of and Kelly's reference this to in terms of ancient wisdom being reignited and remembered, because it's also at that moment, Jupiter isn't just in its sign of exaltation, which is cancer and to do with ancestral wisdom. It's also in its exact degree of the whole 360 degrees of exaltation, which means it expresses to the optimum of wisdom and future vision. But it's also then conjunct Sirius, which is our spiritual star at that moment when 3I Atlas passes it.

And I think, Kelly, you've talked about this as well. This is just the beginning through Atlas is not the only interstellar visitor we're going to have. It's just the very beginning. We're going to have a lot more galactic connection, Pluto and Aquarius, from this point on, there's going to be an awful lot of the out there than we've ever had before. But that's because we are expanding in here to see the out there, because we're expanding in here.

HOST: Wow, just spent like the most packed interview ever. I'm sitting there like, oh my gosh, but yes, this is going to be an amazing year.

So I know Raphael, Kelly, every time we channel Raphael, I get the most profound insights. And they always like literally changed my life. So is it okay if we, yes, like truly, truly, when we were in Sedona, the wisdom you gave me, I mean, that was just so amazing. It actually did change my life. When I was in Sedona, Raphael was talking about like, just, you're being in Sedona right now and just being out in nature.

So I ended up going back to Sedona for a vision quest, just through that insight. And those seven days were like the most transformational. I went so deep and shed so much. So if we could talk to Raphael again, that would be amazing.

[START OF CHANNELING @ 44min]

KELLY: Of course, of course. Okay. Ah, hello. Hello. Hello. Hello. Hello. We're very delighted as always to be here with all of you in a tune to your energies and vibrations and assist in any way that we can. And so what is it that you are wanting to talk about?

LEAH: Can you talk about the importance of our heart and really being and living from our heart?

KELLY: Wow. Well, it is that my energy is that of the green ray, which is the heart chakra and the heart is the place in which is a portal that you can move through dimensions and realities and is a shared vibration that unites the entire planet.

And so as you come into what you call and work with so diligently, heart coherence, of course, you are bringing in unity consciousness, which is translating into a deep and profound healing for you and all

of those around you. And so we are in absolute gratitude for your work and willingness to perpetuate, to share and to bring through breath and coherence others into the heart space, reminding all of you that there is a secret chamber, a space of emptiness within the heart, where everything that is eternal, lives, dwells and resides. And as you are entering into the heart space at any given time or moment, no matter what is occurring, or whatever is unfolding, or whatever chaos is around, brings you into a state of inner stillness. And from that an emanation of love can permeate wherever it is that you are, and everything else that may appear from that perspective, that is chaotic or discordant begins to dissolve as you come into the presence of each and every now moment.

NATALIE: What happens, Archangel Raphael, when we grow and expand together?

KELLY: Oh, oh, it is simply more emanation of your love. You are always growing and expanding together. For as any single one of you grows, you are all simultaneously growing. For sometimes there is a deep forgetting of the profound effect that you have upon one another, and the energy and influence that resides deep within the essence of your being in the golden thread that unites all.

And so as, of course, at any time any of you elevate your frequency, expand your heart, and open to the vibration of love, you are elevating the entire planet. And so when one may feel unworthy or insignificant, simply the willingness for them to come into the vibration of love itself is the most potent and powerful act that they can do, which has a great influence on the whole.

PAM: And Raphael, you're leading us beautifully through the death light code at the moment, and that's going to be followed by the resurrection code around the Aries equinox. Do you see that Aries equinox as a real crescendo, as a resurrection for all of humanity?

KELLY: Oh, for those who are choosing for it to be so, of course, they will be able to fully expand and step into their light body as the activation of that in which was birth during the winter solstice will begin to fully come online in actuality, in which their communion and can communication with all energetic frequencies and beings of spirit that are emanating through natural forces come into deep and

profound communication as there is a resurrection not only within the essence of those arising within their own being, but everything and everyone around them in all living forms.

Prior to that, there will be deep and profound pulling on many of your energies and distractions on a global and national scale in which there will be rising up and some destruction and power plays. These energies will be and are coming in to break apart, to create chaos, to be moving rapidly all around and this will provoke some violence, some revolutionary energy, some intensity.

But this intensity is the velocity of it is what is needed for this breaking through, for this releasing of the old and much like the resurrection itself, there is prior to it a death, there is an ending, there is a releasing a letting go of the old and a surrendering to what has been and in the willingness to open the heart to surrender to keep one's awareness on the eternal on the light, on the fire, on the frequency that has no end and is infinite, one begins to rise in their embodiment to the fullness of their capacity in which doorways will begin to open and profound insights, teachings, understandings and capacities will come online for many.

And as many of you have spoken of this before these come in waves and whether one is at the tip or the piercing of this veil and the opening or they are plumbing in at the end or one of the later waves, all are participating exactly in the timing of the unfolding of what is meant to be.

But time itself will be dramatically shifting and changing as you are moving into the equinox and some of you will feel a speed of time in a way in which you have not felt before as if the lines of energies will all synchronistically come into formation building and forming a map in which you will follow and gallop upon into the higher realms and rapid pace moving forward as leaving behind that to which is no longer serving you all personally and collectively and stepping into new ways of being that you have polished or brought into form through the accumulation of wisdom and knowledge that is coming to its culmination.

As it has been gathered through multiple lifetimes and as you step into that avatar you may find yourself acquainted with more

indigenous ways of being and attunements to nature as you lead others and guide them into the remembering of the ancient ways and teachings for they are going to be coming online at a rapid pace. And the elders will be coming out from distant places and tribes and places that have been hidden for a long time sharing their wisdom and the galactic ones will travel and enter into your dimension as they too will share their ancient codes and understandings and the waters will melt and the memories and frequencies of the records and the libraries of scrolls of information that will be unfurled and unrolled in order for you to decode the teachings of the ancient ones in which you have not been trustworthy, yet as a collective human formation to witness to receive and to transpose will be able to be detected.

In that they will be translated to you in a way of your understanding that you may utilize them for the collective good of all humanity. So there will be what we would call an unlocking an unlocking of things that has been locked that has been closed that has been dormant a new beginning in which you will see with new perspective and you will hear with new ears.

And you will feel with new ways, in an inner way, in a silence, in a knowing, in a remembering. And it is through the qualities of this energy that you are starting to unlock the problems that seemed as if they could not be solved and ways of communion and connection with one another that did not seem possible, in which you can bring more equality, more union, more love, to so many around the planet where the water can flow and the energy can rise and people can come into a state of unity, as a whole.

And more peace will reign on your planet is an unlocking that is happening during this time in the spring and some will be right at the door as it unlocks stepping over the threshold into this energy and embodying these vibrations as they will share it through their teachings as they will write it through their hands as they will sing it through their song.

And others will hear the call of these energies and over a period of time in the next three to four to five years and all will be able to step through this doorway, will step over this threshold, will unlock these

codes, will feel into these frequencies and you will come back into a celestial harmonic song as if the music of the spheres is dancing again together in union and synchronicity.

And so you are at the threshold as you have been stepping slowly one time after another unlocking and releasing more of these memories and so some of you may find that you will change in the trajectory of your work or you will transition in the way that you speak or that you share or that you do.

But it will come from the soul from the essence for the unlocking will be also the memories of lifetimes after lifetimes where you have been a shaman or walked the shores of Lemuria or carried the codes of light and the maps and the teachings of the stars.

And all of that will be gathered and unlocked in a memory in which you will be able to share it for others and in the sharing of it will open and unlock it to them as well as you will return to a way in which you have walked this land before in union and in harmony with nature and with peace and with love in a way in which you see it too and with others, that every single person that you come in contact with, every human form interdependent of their color of their skin or their race or their ideology or their religion or their political belief that you see their essence and their source, their soul, their love.

And that you love them fully seeing the divine within them and within all things and then the that will shatter the illusion of separation and it will fall and collapse behind you and you will step into a new world in which you will merge on a timeline of love and so you are at the beginning of this now and we know that it may seem like a fantasy off in a distant land.

But for those of you who are tuning to this station and to this frequency you can begin to feel the essence of this vibration and know that it is true and feel that it is coming as you open unlock those doors and step into who you are and the invitation is to be who the most authentic part of self that you can be letting go of the desires of attachment, remembering the impermanence of your energy and that nothing in which you have gathered or collected here other than the wisdom and the ancient love that runs through

the essence of the plasmic light within you is carried into other realms.

And so you begin to let go of the ego and open the heart and the soul to the remembering of who you are.

HOST: Archangel Raphael as I was thinking all of my questions, you answered them all so I just wanted to say I love you.

KELLY: Wow. You are so loved and we are here with you as Natalie has ascended this message for you are not alone nor is anyone listening to this for the support rises from beneath and descends from above surrounding and cocooning you in a plasmic code of light. Know that you are worthy that you are divine that you are perfect as you are.

Honor the presence of your own being and remember that you are eternal for there is nothing to fear for the essence of who you are lives on into infinity so open your heart and walk the path of your authenticity remembering that you are divine with that many blessings much love and good day.

[END OF CHANNELING]

PAM: Wow. That was quite funny. Well said.

HOST: Yes something that something happens every time Archangel Raphael channels when I close my eyes it's like I automatically go into the deepest meditative state. That's how I felt too. You know like a state that's harder to get in normally. Why does that happen? Is it like the transmission of the frequency.

KELLY: My husband always says if we could sell Raphael as sleeping pills we'd be billionaires. He's just kidding. Yes people fall asleep and they go into a specific frequency and the state has nothing to do with me. It's the Raphael vibration is connecting with your heart center and bringing in just to a higher frequency. So it really doesn't matter what Raphael is saying, it's completely secondary to the vibration that you're experiencing.

So through teaching I find that many people as hard as they want to try to stay awake or in a certain state and they go into some type of altered state and that's very normal and natural.

HOST: Have you had a people experience like beams of light different colored light because that happened to me last time when I

was in Sedona.

KELLY: Yes everybody has something different happen to them. Let's meet to them. Yes.

HOST: I have one more question for Pam and then one for Natalie. Pam I hear people talk about this year being the year of the fire horse. Am I saying that right? What does that mean? I'm just curious.

PAM: Yes this comes from Chinese astrology actually. We're out of the western astrology, so I'm not an expert on it, but it begins at the solar eclipse on the 17th of February and runs for 12 months and it's very much and again I'm not an expert on Chinese astrology, but it's about independence, passion, freedom, not being contained, determination to get to your goals.

There's a huge exhilaration and exuberance. If you didn't know anything else just thinking of those two words the fire horse you can imagine the amount of energy that's coming through and that's really echoed in the astrology. I mean as I said at the particularly I'm looking at the Aries new moon on the 17th of April and it's two also the Aries equinox.

There are about nine orbiting planets orbiting bodies in Aries and I've just never seen anything like that in terms of that much fire energy, the fire of passion and new beginnings and right you know we are going to create our dream individually and collectively now so it is enormously exciting and again it just you know it fits so well with everything I'm seeing as a tropical western astrologer coming up and it's about sovereignty. It's about really stepping into your sovereignty and your co-creating abilities.

HOST: Beautiful and Natalie I was wondering if the angels wanted to say anything.

NATALIE: They do. I'm going to just take a breath and give space for them. So much light coming through. All of you holding the space, the five of you coming together is creating a pyramid portal of pink golden light, pink compassion, deep love, nurturing and the golden of infinite wisdom.

Together you are opening up this pyramid portal for everyone who is here to receive. Whether they are here live in this moment or watching in another moment there are light codes filtering through at

rapid pace and speed that can be embodied and felt deeply. Become aware of what you are feeling right now in your body as the light gets stronger. We have an exciting message to share that this year holds a potential like no other. There is a great opportunity for you to access deep stillness in between immense movement. On the 21st of June, 2026 already this year, 2026 is the year of oneness. If you add the numbers of June and the 21st with the whole of the year 2026 it equals one. This day the sun reaches the summer solstice in the northern hemisphere and the winter solstice in the southern hemisphere, the point at which the sun appears to stand still before it reverses its direction and its path along the horizon. The word solstice even itself means sun stand still. This day there is an opportunity to shift from a mind oriented focus to a deeper emotional intuitive and nurturing orientation. It will feel like a softening, a softening of the mind of the thoughts and many of you will actually feel absolute stillness on this day, peace, no thought and infinite presence.

And then when the energy starts to move again one will be less in the mind and more in the heart. Just in an instant this does not need to take minutes or hours. This is a small moment in the flash of light this happens where humanity will move into less thought and more sensing, trusting where you no longer need to control your reality, but rather that you feel safe in your reality and can live from your heart.

This shift is bringing a huge wave of acceptance. A surge of acceptance, accepting the trueness of you, you are divine, infinite being of light, having a finite human experience and as you access more love and acceptance you will also allow the shadows and the fears to surface. You will accept them rather than trying to run away from them which maintains a low frequency in your inner space. So the darker parts will arise and dissolve with ease because you accept acceptance of life moment by moment as it is. This year is expansive. The year of the snake is coming to a close. The snake is eating its tail. The ego is eating its own patterns, shedding layers of the old habits and identities and this is opening you up.

Last year was a magnifying glass on the patterns and this year you are releasing many lifetimes and feeling the freedom and the light that comes with this. With the current immense energy of your son, your son is so active right now. It is giving you an opportunity to shine the light on that which no longer serves you and let it release and it is opening and clearing and you are feeling the energy of trust more.

The year of the horse with the element of fire is opening a space for truth to come up to the surface both individually and also in your outer world. There may be some much needed sudden changes and rapid shifts. This is good. This is not a quiet year. This is a year that opens for opportunity to stop the mental looping that has kept you moving in a slower trajectory. This is a year to quantum leap. This is a year for limitless creation, for the vibration of the heart to lead. It does not exist in the future, dear beloved beings. It already exists right here in your hearts.

HOST: That wasn't the best interview I've ever had. I just want to say thank you all so much for being here with us. It means the world to us. We really love you all so much.

LEAH: Yes I just had this thought. We've heard about all these different dates and I just think it would be really helpful if anybody can talk about how we can take advantage of them. You know, what should we be doing to really harness these energies? I think it's like you find out that these different things are happening and then it's like, okay, well now what should we be doing to really take advantage of all of those different times that you gave us?

PAM: I mean, to me, being a simple pumpkin, I will go back to the simple. You know, don't make it complex or complicated because I think the way out of what we've lived through is the way in.

And so I would find your particular default method, whether it's candle gazing, whether it's bare feet on the Earth, whether it's meditation, whether it's breath work, dancing, chanting, how much whatever it is, your way of just creating inner coherence by going inwards. And whatever the date, whatever the energy, I would do that one thing because coherence is the key to get into those higher dimensions of love and joy and gratitude and compassion.

Coherence is the key and that's what you guys do all the time heart coherence. And so for me, I really suggest if we keep it simple, then more people can do that.

HOST: Yes, one of the things I just want to touch on before we go, we did just create a new community where we're going to be doing heart coherence three days a week. And then the cool thing is, is that we've invited our entire collaborative to come teach.

So it's not just our community. It's literally everyone's community. So if you're out there and it's not just to like think things, it's actually in body. So we're just focusing on practices that can actually help you in body, all the things that we've learned. And so if that interests you, we'd love to have you and Pam and Kelly and Natalie you're always welcome. The heart coherence collaborative always. So thank you so much. Yes.

PAM: It's been an honor to be part of this. Thank you so much. Thank you.

LEAH: So beautiful. Thank you, everybody. And we're sending love to everyone.

HOST: We love everyone. Hi, everybody. Everyone, before we wrap this video up, we'd love it. If you'd take a slow breath in and out of your heart with us, as we would love to invite you into our new heart coherence collaborative community.

LEAH: Our heart coherence community is a completely different kind of community than anything you've ever been a part of. It's the shared home of an extraordinary network of teachers. We've built real relationships with over time. Like Pam Erlin, Darryl Anka, who channels Bashar and many others. These aren't guest appearances. They're not one off courses. These are people who are going to be the part of a living fabric of space with us.

HOST: We're so excited about having this community of all these amazing teachers. Many of your favorite teachers are going to live inside a heart coherence community, where they will be offering special channeling sessions, releasing exclusive courses, and interacting with members of real time. This is the fruition of what

Leah and I actually wanted to create when we started the Heart Coherence Collaborative seven or eight years ago when it was just her and I doing Facebook Lives with three people watching. As a member, you're not just here to consume. You can actually apply to host sessions inside the community and whatever modality you specialize in.

LEAH: We really have so many gifted practitioners in our collective. From Reiki to yoga to meditation, breath work and beyond. And if you're one of those people, this could be a place to shine. It's a collaborative built by the people for the people.

HOST: Yes, inside our Heart Coherence community, we practice together. We practice embodiment together. I personally am going to be guiding live Heart Coherence meditations three times a week, Monday, Wednesday, and Friday. And there will be full replays included for anyone that can't make those. And we believe this is going to create real nervous system regulation and consistency. As part of our community, you're also going to receive live virtual access to our in-person Heart Coherence retreats that we host twice a year that are so much fun. Some of the deepest breakthroughs consistently happened during these retreats.

LEAH: Every month we'll gather for a full moon ceremony with a special guest, creating a powerful space for intention, release, and energetic alignment. Once a month, we will also host a live special guest session with teachers you already know and love exclusively inside of the community.

HOST: As part of our community, you're also going to receive access to a growing library of 300 or more hours of exclusive courses covering Heart Coherence, emotional and energy healing, identity shifting, channeling, and consciousness expansion. Like we already mentioned, some of our favorite healers have been graciously submitting courses for you guys to enjoy. Plus, you're going to get exclusive courses you won't find anywhere else.

LEAH: So more than anything, this community is going to become an anchor. We're going to have teachers like Shara, Natalie Namaste, and Ra of Earth with more and more being added. So if you've ever felt like you're outgrowing your environment or you're

craving a space where people are actually living these practices, this is where you belong.

HOST: Right now, new members can join our Heart Coherence community for \$47 a month. Once the first 1000 members join, the price is going to increase. So if you join at \$47 right now, you'll have the same price forever, even after the cost of the community goes up. That is what you'll pay for as long as you remain in the community.